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Prentice sworn in with new cabinet

New premier. Two unelected ministers among appointments



Jim Prentice was officially sworn in as Alberta's 16th premier Monday and brought several new cabinet faces with him.

Prentice was sworn in at a government house ceremony along with his new smaller cabinet, which includes two unelected ministers.

Former Edmonton mayor Stephen Mandel will take on the health portfolio and former Calgary Board of Education chair Gordon Dirks will be the education minister.

Prentice said both men have remarkable records and would soon face byelections to get seats in the legislature. He said he believed Albertans would support them.

"Albertans are heartened by the fact that there are some pretty strong people stepping forward, in the spirit of public service," he said.

He promised both men

On the web

For a complete list of all of those in cabinet go to metronews.ca



would have seats before the legislature resumed for the fall session, which he said would be slightly delayed.

Robin Campbell will be finance minister, while the municipal affairs job will be held by Diana McQueen.

Former ministers Doug Horner, Doug Griffiths and Fred Horne were all removed from cabinet.

Prentice left two portfolios for himself, as the minister of aboriginal relations and international and intergovernmental affairs.

In his speech following his swearing in, Prentice promised Alberta significant change.

"As of this moment, Alberta is under new management," he said.

Mayor Don Iveson welcomed Prentice's appointments and said McQueen as a former mayor was a great choice.

"Having someone with



Jim Prentice has a laugh with newly appointed health minister and former Edmonton mayor Stephen Mandel after Prentice was sworn in as Alberta's 16th premier in Edmonton on Monday.

JASON FRANSON/THE CANADIAN PRESS

that experience in the file is really going to make a difference, because we're not going to be starting from zero," he said.

Iveson said, beyond just municipal affairs, Prentice appears to have put the right people into government.

"I see capable people put in the portfolios that deal with the city and with public policy upstream of the city as well," he said.

Byelection coming

Mandel to be health minister

Edmontonians will definitely recognize one of the new faces around the cabinet table, as former Mayor Stephen Mandel takes on the health portfolio.

Prentice said he was confident Mandel could improve health care.

"Stephen Mandel has a strong record of public service as mayor of Edmonton. He is ideally suited to the task of making our health-care system better," said Prentice.

Current Mayor Don Iveson said he believes Mandel is a good choice, because he understands the need for long-term thinking and how a ministry's roles can overlap.

"That perspective will be — in his trademark style — heard loud and clear around the cabinet table," he said.

RYAN TUMILTY/METRO

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1

HEALTH NOTES

Alberta Health officials have confirmed 18 provincial cases of Enterovirus D68, a severe respiratory illness that primarily affects children, but are still working to confirm if it's the same strain that's been reported in several U.S. states.

2

ON ICE

It's time to gear up for hockey season, with the Edmonton Oilers set to start training camp this Thursday with physicals. On-ice practice Friday from 10 a.m. to 1 p.m. at Rexall Place is open to the public.

3

DUFFY DRAMA

The first court date for Sen. Mike Duffy — Tory black sheep and poster boy for the Senate scandal — is scheduled for Tuesday morning.

4

LOVE QUIRKY CANLIT?

Newly launched website allitup.ca connects buyers to print and ebooks from a slew of Canada's independent publishers.

5

THE FORCE IS STRONG

Obi-Wan Kenobi is rumoured to be the protagonist of one of three Star Wars spinoffs planned for release between episodes VII, VIII and IX.

Library grant not keeping up with city's growth

Shortchanged.
Provincial grant
\$500,000 short
for Edmonton



**RYAN
TUMILTY**
ryan.tumilty@metronews.ca

Provincial library grants haven't kept up with Edmonton's massive growth in population and it's costing the city more than \$500,000 per year.

The grant, which is provided on a per-capita basis, offers \$5.40 per resident to Edmonton Public Library, according to Chief Financial Officer Gastone Monai.

That gives the city about \$4.3 million per year, but it remains based on 2010 population numbers. Monai said if the grant were to factor in the 95,000 new Edmontonians that have come to the city since, it would be worth an additional \$500,000.

Monai said any increase in

Budget
\$44M

The overall library budget in 2014 was \$44 million.

the provincial grant could be used to help service those new Edmontonians — a major focus of the library right now.

"It would fund an EPL Go site, including some of the initial one-time costs and a full year's operations," he said.

The Go sites are small libraries designed to quickly serve growing communities before a new library can be built.

"They are small storefront locations roughly around 2,000 square feet that would try to get into these under-served communities, where we're experiencing growth," Monai said.

Mayor Don Iveson said he would like to see the increase as well, but also noted that in 2010 they dramatically increased their support.



The provincial library grant makes up about 10 per cent of the Edmonton Public Library's overall funding.

RYAN TUMILTY/METRO

"There was a huge boost in funding that year that kind of reset the base," he said.

The provincial grant represents less than 10 per cent of

the Edmonton Public Library's overall budget and Iveson said he would rather focus on bigger issues, like transit, policing and affordable housing.

"Inflation adjusting the library grant is probably not going to be the first thing I'm going to go hassle them over," he said.

EPSB debates \$1.5M ask for school bus fund



EPSB will be considering a motion to ask the government for \$1.5 million to help cover transportation costs. METRO FILE

Trustees from Edmonton's public school district will be considering a \$1.5 million request to the province to help with transportation funding at a Tuesday board meeting.

A government formula change last year cut funding for student transportation, and now Edmonton Public School Board trustee Nathan Ip said he's bringing a motion to fellow trustees in order have the shortfall restored.

"The motion around transportation ... it's not meant to take away from the fact that we need schools and ultimately the only solution around our space and space pressures is having more schools," said Ip Monday.

"But support for transportation is needed."

As of June, the district anticipated it would received \$1.2 million less from the government than had been expected,

prompting planners to increase bus pass fares and access reserve funds.

According to EPSB managing director Lorne Parker, the province tried to make transportation grants even across the board for urban and rural districts by adjusting its calculation method.

The board will vote on the motion at its second meeting of the 2014-15 school year.

LEAH HOLOIDAY/METRO

1 TIMEWS

A pop-up bike lane for 102 Avenue

'Public profile.' A group comprised of community league members wants to increase awareness of bike lanes



STEPHANIE DUBOIS

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A group of Edmontonians are bringing the city's plans to a temporary reality when they install a pop-up bike lane on 102 Avenue this Saturday.

Upcoming budget discussions and ongoing talks of the 102 Avenue bike lane plan sparked a working group comprised of community league members to bring attention to the east-west bike route going through parts of downtown and nearby areas.

"We decided we need to bring some public profile to 102 Avenue and that it would make the perfect bike route into downtown," said Michael Phair, co-ordinator of the 102 Avenue group.

A bike lane area marked off with flowerpots and cones will lead cyclists along

Try before you buy

According to Canadian Cycling Magazine, pop-up bike lanes "let cities test out the flow" before investing in installation.

the temporary route to give a better understanding of what the route would look like.

The city has plans to install the bike lanes alongside the planned LRT route in downtown, something up for discussion come budget time later this fall.

There was discussion earlier this summer that left some doubt whether the lanes would be built.

This sparked the working group's plan to show Edmontonians the value of the specific lanes on Community League day.

"It's a route already used by cyclists and it connects well with the northwest. It just makes sense," Phair said.

The pop-up bike lane starts at 3 p.m. on Saturday at 108 Street and 102 Avenue and will continue until 4:30 p.m.



Community members are organizing a similar pop-up bike lane on Saturday, Sept. 20. COURTESY MAKE SOMETHING EDMONTON

Rundle School likely to stay open through construction



Edmonton Public School Board trustees will vote Tuesday on whether or not to close three schools. SCREENSHOT

Students from three North Edmonton schools will likely stay in their classroom as the public district prepares for the construction of a replacement school.

On Tuesday, Edmonton Public School Board trustees will be voting on whether or not to close three schools — Lawton Junior High, R.J. Scott and Rundle School — following community consultation over the summer.

In June, the board approved a motion to consider closure of the schools, while

By the numbers

\$18.84M

The cost of the new replacement school in Rundle Heights

OK'ing a plan to build a replacement school on the Rundle School site.

While construction is underway, the district plans on keeping students at the original Rundle School, EPSB managing director

Lorne Parker said.

"Everyone's working to ensure the old school stays open until a new one is constructed," Parker said, adding the district was able to keep Major General Griesbach School open as it built a replacement school, which had less space than the Rundle site.

"That gives us a great deal of assurance that we will be able to ... keep the old school open," he added.

Earlier this year, parents at an Edmonton Catholic

school had received similar assurances when the district announced it would be replacing one of its mature schools.

Yet, shortly before the end of the school year, the district closed the school permanently until the new building was opened.

Parker said that while the situations are different, the district is "highly confident" that it will be able to keep Rundle School open and make it work.

LEAH HOLOIDAY/METRO

Police investigating

Dogs involved in attack on woman under 21-day hold

The four dogs involved in a violent attack Sunday will be held by Edmonton's Animal Care and Control for the next 21 days as investigators sort out the facts of the case.

Shortly after 9 a.m., a woman was walking her

dog near 112 Avenue and 101 Street when a group of dogs attacked her.

Animal control co-ordinator Keith Scott said bylaw officers seized the dogs and will be holding them for up to 21 days for an evaluation.

"It gives us time to thoroughly investigate the file and then take whatever enforcement action we're going to do," Scott said on Monday.

Under current bylaws,

the owner could face a \$500 fine for the attack or be summoned to court for a greater fine and possible restitution, Scott said.

As for the animals, Scott said that during the next few weeks officers will consider issuing a dangerous dog application or a destruction order if the dogs appear to be a danger to the community.

Bylaw officers can issue a destruction order, even when an animal doesn't

have a dangerous history and the situation was serious enough.

"We always take it case by case," Scott explained. "The last resort we want to do is put down a dog. If there is a history with the dog and the dogs been involved in a couple attacks or minor chases, then we have a history and that raises a lot more red flags.

"Our job here is to make the public is safe," he said.

LEAH HOLOIDAY/METRO

\$33-million lawsuit

Alberta woman loses fracking case appeal

An Alberta woman has lost her appeal to sue the province's energy regulator over hydraulic fracturing on her property.

Jessica Ernst launched a \$33-million lawsuit against the Alberta government, the province's energy regula-

tor and energy company Encana. She claims gas wells fracked around her land northeast of Calgary unleashed hazardous amounts of methane and ethane gas and other chemicals into her water well.

Last fall an Alberta Court of Queen's Bench judge ruled that Ernst can't sue the energy regulator because it is immune from private legal claims. The Alberta Court of Appeal has upheld that ruling. THE CANADIAN PRESS



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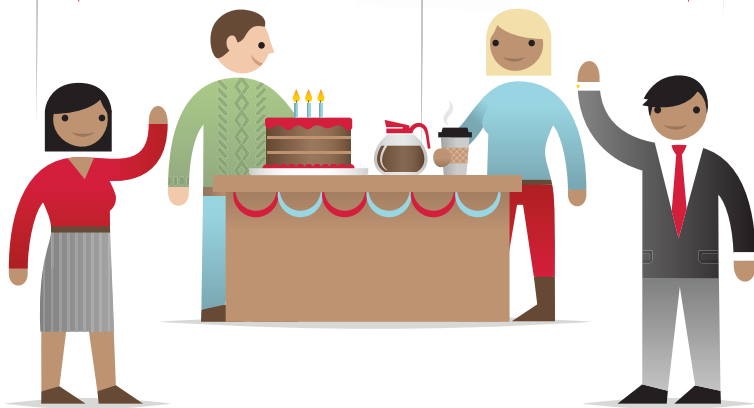
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Edmonton Eskimos quarterback Mike Reilly speaks with players from the Huskies Football Club on Monday as part of the Leading Change initiative. LEAH HOLOIDAY/METRO

Esks speak against abuse of women

Leading Change.
Initiative aimed at
young athletes, students



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Some of Edmonton's Eskimos took part in a different type of training on Monday, leading a group discussion with rookie football players about violence against women.

On the heels of a high-profile case involving NFL player Ray Rice, Eskimos quarterbacks Mike Reilly and Matt Nichols along with long snapper Ryan King discussed their extensive training on gender-based violence prevention as part of the Leading Change

Tackling taboos

"It's uncomfortable at times to talk about some of these things."

Eskimos quarterback Mike Reilly

initiative.

"It's uncomfortable at times to talk about some of these things," said Reilly. "It's easier to sweep them under the rug and pretend they don't exist. That's the easy route, but the correct route is to bring it to light and lead this change."

Partnering with the Alberta Council of Women's Shelters (ACWS), players from the Eskimos and rival Calgary Stampers will be taking what they've learned to classrooms and young athletes.

"Training adult mentors to provide bystander education to youth, coupled with public-awareness messaging delivered by male leaders, is bound to have a positive impact," said ACWS executive director Jan Reimer.

The CFL plans to bring the Leading Change message to 50 schools and on-reserve community presentations per year.

"Abuse against women turns my stomach," said Len Rhodes, president and CEO of the Eskimos.

"When the action takes place, it's too late. What are you going to do about it? Send them to the hospital? Wish them well? You've got to prevent it from happening in the first place, and that means change the damn attitude," Rhodes added.

Smart planning to ease smart-card transition

Edmonton is looking to avoid headaches other cities have suffered when implementing smart-card fares, as city administration readies a plan for new payment options.

Details of the local smart-card system are still in the works, but city officials are eyeing a loyalty card as well as a "tap and go" payment when boarding transit.

"We think it will revolutionize the Edmonton transit

Prevalence

Montreal, Toronto, Winnipeg and Vancouver all have smart-card systems.

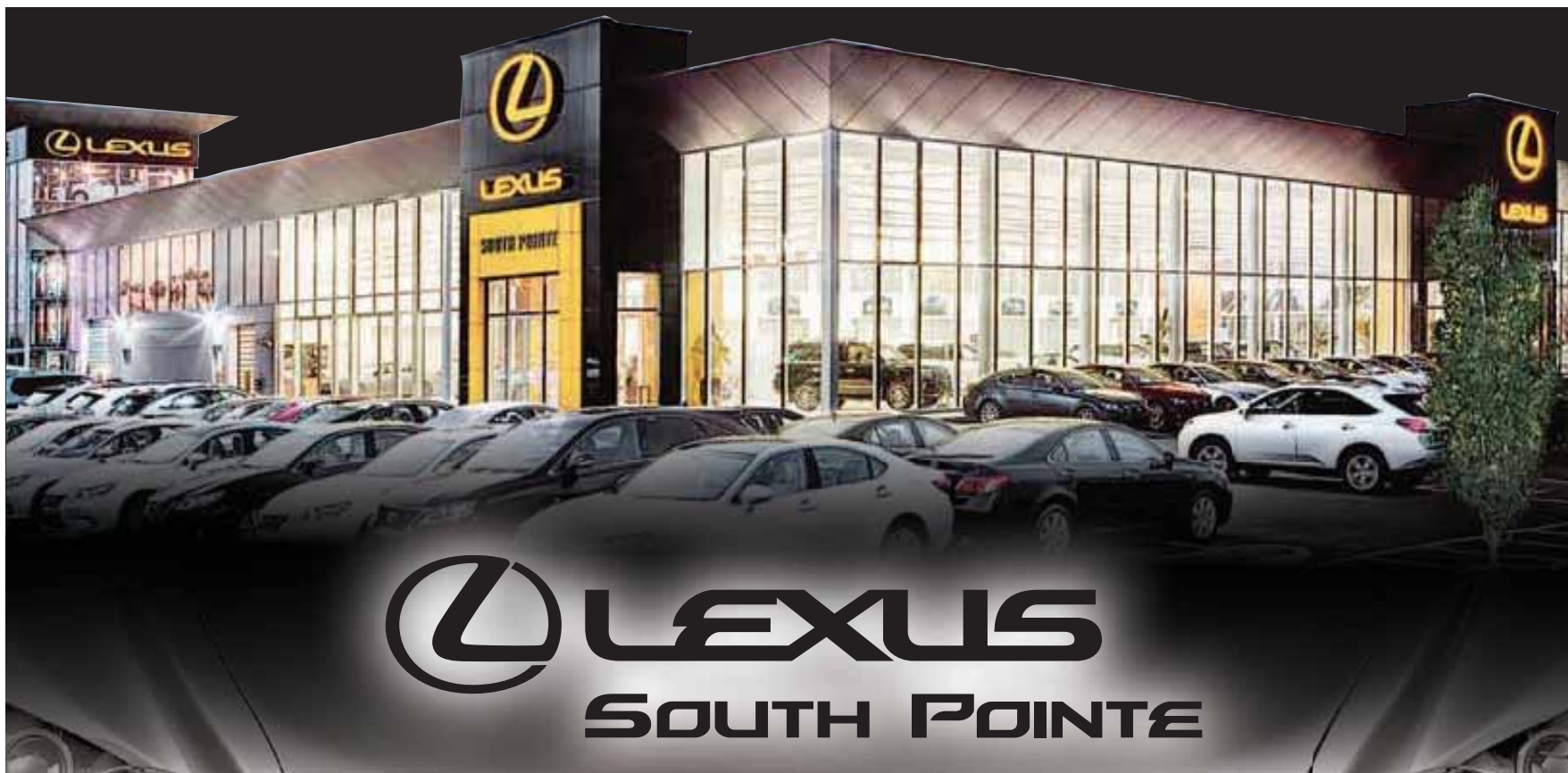
experience," said Lorna Stewart, director of disabled-adult transit service and technology projects with ETS.

Stewart added that in speaking with other cities

and makers of the new technology, Edmonton can skip some of the road bumps other cities have faced when it comes to smart fares.

City officials expect that once smart cards are adopted in the Edmonton transit system, users will be able to use a loyalty card, which could be linked to a bank account and avoid making users buy passes or tickets.

STEPHANIE DUBOIS/METRO



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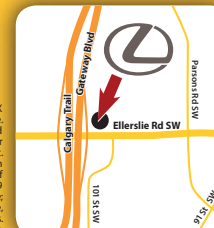
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Flying off the handle

How do you get Canadians to drop their courteous facade? Put them on an airplane. Using data culled from Transport Canada, Metro created a database of disruptive airline-passenger incidents since 1994. The list includes 795 reports, ranging from not-so-sly smokers to members of the mile-high club.

LUKE SIMCOE

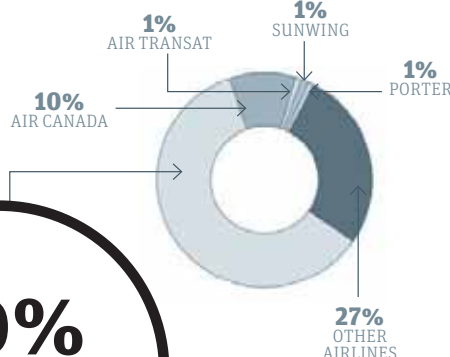
luke.simcoe@metronews.ca

25%

Unsurprisingly, nearly 25 per cent of unruly passenger incidents involved drugs or alcohol.

8% About eight per cent of the reports mention passengers trying to sneak a smoke break.

3 There are only three reports of someone trying to smoke an e-cigarette on board.



60%

Sixty per cent of the reported incidents occurred on WestJet flights.

Frequent flier fears

Alberta-based WestJet flies the three most-disruptive routes:

- WJA426 from Edmonton to Toronto appears in the list nine times.
- WestJet flights from Fort McMurray, Alta., to Edmonton appear four times.
- WestJet flights from Nassau, Bahamas, to Toronto appear four times.

ISTOCK PHOTO



0.06%

To put things in perspective, the 98 incidents aboard WestJet planes in 2013 made up a mere 0.06 per cent of the airline's annual flights.



• On Nov. 28, 2011, two then-executives of BlackBerry got so intoxicated and belligerent aboard an Air Canada flight to Beijing that they had to be restrained. One reportedly chewed through his plastic restraints and continued his mischief. They were subsequently fired from the Waterloo, Ont.-based company.



• On a Perimeter Airlines flight out of Winnipeg on Aug. 26, 2003, a woman began "flailing her arms" and threw a shoe at the cockpit crew when they refused to land mid-flight. The woman eventually returned to her seat, but "removed a bottle of vodka from her purse and consumed it" before "pass(ing) out."



• On Jan. 25, 2011, a couple aboard a WestJet flight from Edmonton to Toronto became belligerent after being denied alcohol. According to the plane's captain, the pair was "acting pornographic" and "making out" during the flight.



• Most recently, two Toronto-area women forced a Cuba-bound plane to return to Toronto in August after getting into a dispute. The pair had allegedly been drinking and smoking in the washroom beforehand and even uttered a threat against the plane, prompting NORAD to call for a military escort.

Airing grievances

The Civil Aviation Daily Occurrence Report System (CADORS) uses data sent by air-traffic control regarding incidents reported to them by in-flight crews. The system covers incidents aboard Canadian-registered aircraft, at Canadian airports or in Canadian airspace.

- A recent spate of in-flight incidents — including fights over reclining seats and a drunken fight that grounded a Sunwing plane — suggests passengers are flying off the handle more, a contention Transport Canada's data appears to support.
- Disruptive-passenger reports in Canada have spiked in recent years, from a low of six in 2000 to more than 130 in 2013. However, regulations introduced by Transport Canada in 2009 formalized the reporting process and led to a significant increase in reports.

Brie Ogle, a representative of WestJet, said its disproportionate presence in the database "has absolutely nothing to do with (its) guests" and instead reflects the airline's "strong safety culture."

"Almost all of our guests are exceptionally polite and respectful ... A high number of reported incidents tells us that WestJetters are being vigilant in reporting all incidents, regardless of the magnitude. We want to ensure that guests and crew feel safe onboard our aircraft, so we have to ensure those committing infractions are dealt with appropriately by tracking them consistently through reporting."

Despite flying nearly twice as many passengers, Air Canada — along with its Jazz and Rouge affiliates — appears only 80 times. Spokesperson Peter Fitzpatrick declined to discuss how his company's reporting system compares to WestJet's but said, "Air Canada has a very robust reporting system that greatly exceeds the standard established by Transport Canada."

Planes, pains and utter ordeals



Prime Minister Stephen Harper and his wife Laureen wave following a speech to supporters on Monday in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Leaders kick off campaign with pitches to the middle class

October 2015 election.

Political manoeuvring comes as Parliament resumed on Monday

Quoted

"We will keep delivering for Canadians and their families."

Stephen Harper

The leaders of the three main federal parties spent Day 1 of the unofficial year-long election campaign vying to portray themselves as champions of middle-class Canadians.

Prime Minister Stephen Harper touted his government's plans to cut taxes for Canadian families.

New Democratic Party Leader Tom Mulcair pushed his pledge to reinstate a federal minimum wage.

And Liberal Leader Justin Trudeau proposed giving employers who hire additional workers a two-year holiday from paying Employment Insurance premiums.

The manoeuvring came with Monday's resumption of Parliament, which effectively kicked off the campaign for the October 2015 election.

Harper marked the occasion with a campaign-style rally, laden with economic high-fives and tough talk about protecting Canadian values around the world.

Later in the House of Commons, Harper continued to tout his government's record on helping families while characterizing both the NDP and Liberal agendas as "higher taxes and higher deficits."

The NDP announced that it will use its first opposition day of the fall sitting, on Tuesday, to force a debate on its recently unveiled proposal to reinstate a minimum wage for workers in federally regulated sectors.

Mulcair is proposing to set a federal minimum wage of \$15 per hour, which would be phased in over a five-year period.

The dollar amount is intended to provide a family with enough money to live on, he explained Monday.

Trudeau said the Liberals will likely support the idea but Harper rejected it, arguing that minimum wage rates are largely regulated by the provinces.

THE CANADIAN PRESS

Transgender hockey players allowed to choose their own dressing rooms

Minor hockey players in Ontario are now able to choose a dressing room based on whether they see themselves as male or female, following settlement of a human rights complaint against Hockey Canada.

The agreement, which also includes an educational component, is aimed at pro-

tecting young transgender players from discrimination and harassment.

Jesse Thompson, 17, of Oshawa, Ont., who filed the complaint in August last year, said he was pleased with the result.

"I just hope that kids can see this and know that they don't have to hide any more,"

Thompson said. "They can come out and play their sport that they love, and they don't have to stop playing it just because of how they are or who they are," Thompson said.

The new policy, which applies to all minor players in Ontario under the auspices of Hockey Canada, also calls for

the organization to educate its trainers and coaches on discrimination and harassment as well as on gender identity and expression.

In addition, players are entitled to be addressed by their preferred name, as well as the pronoun that corresponds to their self-identified gender. **THE CANADIAN PRESS**



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SheTaxi creator has empire state of mind

A.k.a. SheRides in N.Y.C. New app locates taxis with women in the driver's seat

Fewer than three per cent of New York City's 115,000 licensed taxi, livery and limousine drivers are women — and that can be a problem for women who are reluctant to get into a cab alone with a male driver because of safety concerns or religious and social mores.

A new app called SheTaxi locates taxis with a woman behind the wheel in New York City, Westchester County and Long Island. It launched Monday and will go live on Tuesday.

The drivers wear pink scarves to be easily identified.

"Why don't we have female drivers exclusively for female riders? It would be nice to have that choice," said the app's creator, Stella Mateo.

SheTaxi, called SheRides in

Regulations say, however

Taxi and Limousine Commission regulations say for-hire car services are prohibited from refusing customers.

- The app's creator says registered female drivers are free to pick up anyone they want; the app merely helps women who are looking for female drivers.

New York City, has been two years in the making. It will be available for the iPhone initially, and an Android version is in the works. There also are plans to expand to other cities. Passengers pay their fare through the app, using a credit or debit card. The city's human rights commissioner, Patricia Gatling, said the agency is reminding car service companies that denying service based on gender is illegal under city law.

Such requests are common among some religious com-

munities, like among some Orthodox Jews and conservative Muslims, where social and cultural mores emphasize men and women staying in separate spheres.

"It's sometimes a little difficult to keep up with the demands," said Richard Tinel, assistant administrator at Brooklyn Radio Dispatch, which has about 10 women driving. "We lose a lot of calls because we don't have enough."

Mateo also hopes the app will spur more women to join the profession. "We're not looking to take over the industry, we're just looking to raise the number," Mateo said.

Dinorah Decruz, 64, of East Meadow on Long Island, said the app made her decide to get back to driving after stopping about a year ago. She said she had some safety concerns and was almost robbed by a man once. She said focusing on women passengers makes her more comfortable. "I like the idea," she said. "It feels safe."

THE ASSOCIATED PRESS



Heineken refusing service to SABMiller

Family-controlled brewer Heineken says it has rejected a takeover bid by rival SABMiller. In a statement issued late Sunday night, the Dutch brewer said the Heineken family informed SABMiller it intends "to preserve the heritage and identity of Heineken as an independent company." Heineken did not release any details of the SABMiller bid. Heineken is the world's third-largest brewer while SABMiller, producer of brands including Miller Genuine Draft and Grolsch, is the second-largest. Anheuser-Busch InBev, famous for its Budweiser and Corona brands, is the world's largest brewer. TASOS KATOPODIS/GETTY IMAGES FOR HEINEKEN

iPhones hit record orders

Apple had more than four million advance orders of its new, larger iPhones in the first 24 hours, exceeding its initial supply, the company said Monday.

The iPhone 6 and iPhone 6 Plus will be delivered to customers starting Friday and throughout September, but many won't be delivered until October, Apple said. Phones will still be available Friday on a walk-in basis at Apple retail stores and from various wireless carriers and authorized Apple resellers.

Apple's website had intermittent outages last Friday because of heavy traffic as orders began online. The company said the 4 million orders set a new 24-hour record, beating the 2 million orders in 2012. That was for the iPhone 5, the



Apple CEO Tim Cook discusses the new iPhone 6 and iPhone 6 plus on Sept. 9 in Cupertino, Calif. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

previous time Apple increased the iPhone's screen size.

Last year, Apple sold nine million iPhone 5s and iPhone 5c phones in the first three

days they were on sale, but the company didn't say how many came in the first 24 hours of advance orders.

THE ASSOCIATED PRESS

WestJet Airlines

Destination: More fees

The cost of flying is increasing for millions of Canadian passengers after WestJet Airlines announced it will start charging some economy fare customers a fee to check their first bag on flights within Canada and to the United States.

The new fee, ranging between \$25 and \$29.50 depending on provincial taxes, will apply to all new bookings made starting Monday for travel on WestJet and its regional airline Encore as of Oct. 29.

WestJet said the new charge is expected to affect 20 per cent of its travellers, or some 4.4 million passengers a year.

THE CANADIAN PRESS

Microsoft and Minecraft

Mobile reach worth \$2.5B?

Microsoft's decision to spend \$2.5 billion for the creator of the hit game Minecraft could help the Xbox maker grab attention on mobile phones, a new priority for the company.

But the move carries risks, as gamers can be fickle. Although the Lego-like multiplayer game is currently the top paid app for the iPhone and Android devices in the U.S., today's popular hit could be tomorrow's dud. The maker of the much-obsessed-over Candy Crush Saga, for example, rode the game's popularity to go public this year, only to see its stock falter.

THE ASSOCIATED PRESS

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THE HEIGHT OF DISCRIMINATION

I like to think of myself as a bit of a Goldilocks when it comes to dating. My first serious boyfriend was my height and just a bit too short for me; the one after that was almost seven feet, and too tall; and now I like to think I've found a guy who's just right.

At six feet three inches, my boyfriend still towers over the national Canadian male average, which is less than five feet nine. His height is admittedly an attribute I was drawn to right away; I literally spotted him from across a crowded room the night we met.

Many studies show that when it comes to relationships, women are much more concerned than men about their partner's height. "Too short" is a phrase I hear all the time from single girlfriends looking for love — particularly online, where first impressions are reduced to split-second judgment calls.

Many men — resigned to this new dating reality — list their measurements in their online dating profiles even when they aren't prompted to reveal them: "Brad, 26, six feet tall, if that matters."



SHE SAYS
Jessica Napier
metronews.ca

And unfortunately, it does matter. But there's a lot more to it than simply finding someone who you can stand next to in heels.

In his 2005 book *Blink*, author Malcolm Gladwell explores this inherent bias we exhibit toward tall people. According to Gladwell, height — particularly in men — triggers a set of very positive, unconscious associations such as strength, competence and authority. Unintentional or not, Western culture is clearly biased toward individuals who physically embody the attributes we traditionally associate with leadership.

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent. Men with an imposing stature are more likely to be hired, promoted, elected into office and appointed into positions of power because we quite literally have to look up to them. "Being short is probably as much, or more, of a handicap to corporate success as being a woman or

Staggering difference

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent.

an African-American," writes Gladwell.

Designers purposefully select tall, slender females to model their clothes on the runway because their bodies reflect the fashion industry's strict concept of beauty. However, I don't think any corporations would admit to favouring tall employees. This behaviour isn't necessarily deliberate, but it has very real consequences for qualified individuals who might not measure up to our inherent prejudices.

We need to be mindful of our own unconscious discrimination when making decision about the people in our lives — whether it's selecting a romantic partner or a future Prime Minister.

First Filipino Humboldt penguin



A still-to-be-named baby Humboldt penguin is shown to the public for the first time, at Manila Ocean Park Monday in Manila, Philippines. BULLIT MARQUEZ/THE ASSOCIATED PRESS

The Philippines shows off baby Humboldt

Manila Ocean Park officials claim a yet-to-be named baby Humboldt penguin is the first to be born in the Philippines. The oceanarium has nine other penguins which were acquired from Germany in 2011.

THE ASSOCIATED PRESS

Humboldts at a glance

In the wild, Humboldt penguins are found only along the Pacific coast of South America, from Isla Foca off the coast of Peru, down to Algarrobo in Chile, with additional isolated colonies further to the south on the Punihuil Islands.

- The world population currently stands at 12,000 breeding pairs.
- The population is undergoing a serious decline. The major causes are thought to be over-fishing of prey species, entanglement in fishing nets and commercial guano removal.

SOURCE: PENGUINS.CL

MetroTube

Window into the wasp lifestyle

ANDREW FIFIELD
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Dig these exhibitionist wasps who decided to give YouTube user Vang Tsai an all-access look at their hot hive action by constructing it over his window. Since uploading the first shaky clip on the weekend, Vang has stepped up his video game and provided this new angle — complete with miked-up teeny, tiny footsteps. It seems like the perfect project to check in on during the week. (Vang Tsai/YouTube)



GETTY FILE

Twitter

@metropicks asked: A 12-year-old boy with autism is becoming quite the pumpkinpreneur, growing gourds as big as 933 pounds. What else should he supersize?

@SabsSoaps: I need a bigger pie shell!

@Danomite36: Halloween Candy?

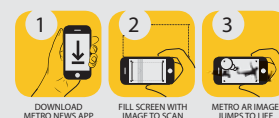


SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 15 in Life and page 26 in Sports.

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DVD review



The Grand Seduction

Director. Don McKellar

Stars. Taylor Kitsch, Brendan Gleeson, Liane Balaban

The inhabitants of Tickle Head, Nfld., may be every bit as sneaky as their Québécois counterparts were in the 2003 hit *Seducing Dr. Lewis*, but there's no stealth about *The Grand Seduction*'s real desire. Director Don McKellar (*Last Night*) is out to charm English-language audiences with a paint-by-numbers comedy remake, about a hard-times town desperate to woo a sawbones needed to attract a factory and jobs. It's the movie equivalent of a warm blanket. The film succeeds for the most part, benefiting more from excellent casting — chiefly Brendan Gleeson, Gordon Pinsent and Mary Walsh — than from anything remotely to do with novelty or urgency. The devastation to one-industry locales like Tickle Head wrought by changing times and technology is even more worrisome today than it was more than a decade ago, but McKellar and *The Grand Seduction* aren't trying to make the situation any more grim than it needs to be. They're just out to grab a few grins, and with a goal this modest, not much seduction is required.

PETER HOWELL

From the marines to making movie magic



From left, Tina Fey, Corey Stoll, Jane Fonda, Jason Bateman and Adam Driver star in *This Is Where I Leave You*, which opens Friday. CONTRIBUTED

Adam Driver. This *Is Where I Leave You* star's experience in the military allowed him to better relate to his latest film role



RICHARD CROUSE
scene@metronews.ca

Like a lot of young people in the aftermath of 9/11, Adam Driver joined the marines. "Being in the military, believe it or not, is very different than being in an acting school," says the *This Is Where I Leave You* star.

An injury during a training

exercise cut short his military career just shy of three years.

"With the military I grew up very fast," he says.

"Suddenly I was responsible for things that aren't typical for 18- or 19-year-olds. Other people's lives and things like that. It ages you. I loved being in the military but when I got my freedom and could be a civilian again, I was interested in pursuing acting."

But there was a big learning curve to becoming a civilian again.

"It's not appropriate to yell at people. People are people and I can't force my military way of thinking on them."

"There were a lot of things going on. I am better adjusted now."

Post-marines, he studied at Julliard, became one of the breakout stars of *Girls*,

worked with Spielberg and the Coen Brothers, and has a movie coming out soon with Martin Scorsese. His *This Is Where I Leave You* co-star Jane Fonda calls him "our next Robert De Niro plus Robert Redford."

He plays Fonda's youngest son Phillip, a young man who arrives home for his father's funeral with a much older fiancée (Connie Britton) and a chip on his shoulder because his siblings don't take him seriously.

"I understood Phillip," he says. "Similar to the military, you leave and grow into a different person ... You come back and want people to view you differently and acknowledge this man you've become."

Driver has a host of projects on the way, including *Hungry Hearts*, a film that won him

the Volpi Cup for Best Actor at the 71st Venice International Film Festival and a little thing called *Star Wars* Episode VII.

"Star Wars is a big thing," he says. But, he adds, the way director J. J. Abrams and screenwriter Larry Kasdan have decided to approach the project is how you approach anything.

"From the very beginning it is all about story and character."

"Effects and the spectacle, as in the original, won't take a backseat because it is very much part of the story, but the story dictates that instead of vice versa."

"Yes, this is a long time ago in a galaxy far away, but at the same time it's about loves and friendship, those universal things that gave the original movies such a long life and resonance."

2 SCENE

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Arnold Schwarzenegger ALL PHOTOS GETTY IMAGES

Move over, Maria: Arnold faces a portrait without his partner

Well, this is awkward. When Arnold Schwarzenegger sat for his official portrait to hang in the California State Capitol building, he wore a lapel pin featuring his wife Maria Shriver's face. The thing is, when the portrait was finally revealed in Sacramento,

the pin was mysteriously missing. One former aide to the governor, Clay Russell, summed up the pervading feelings on the absence, telling the L.A. Times, "It's too bad they couldn't remove it without creating a smudge that got a lot of attention." Ouch.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Martha doesn't hold back heat when grilled about Gwyneth

NED
EHRBAR
Metro in Hollywood

Martha Stewart tried to stay quiet for as long as she could, but come on. You just know you were dying for her to take on Gwyneth Paltrow's lifestyle guru work at GOOP. And Ms. Stewart does not disappoint. It's a good thing. Using a simple recipe of scolding and faint praise with a light draping of shade for good measure, Stewart tells Porter magazine of Paltrow, "She just needs to be quiet."



She's a movie star. If she were confident in her acting, she wouldn't be trying to be Martha Stewart." Yowza. Between the "she just needs to be quiet" dominance and the talking about herself in the third person, it's like we're seeing a return of tough-as-nails prison inmate Martha Stewart. Ms. Paltrow, may I kindly suggest that you check yourself.

Football's most famous hopes voters in Scotland say 'No' to independence



David Beckham

David Beckham is urging voters in Scotland to vote against independence. In an open letter released by the Let's Stay Together campaign, the former England football captain says "my sincere hope is that you will vote to renew our historic bond which has been such a success over the centuries."

Beckham says "what unites us is much greater than what divides us."

Beckham played for Manchester United from 1992-2003 under a Scottish manager, Alex Ferguson. He also spoke of his pride at representing Britain in the bid team that secured the 2012 Olympics for London.

Beckham says "we worked together to bring the greatest sporting event of them all to our nation." The Scottish independence referendum takes place Thursday.

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Mama said knock this unique cardio routine out

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IZABELA
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There are only so many kilometres you can run on a treadmill, so many steps you can take on the stairclimber and so many circuits you can make on an elliptical before your workout goes from sweat to snore.

More gyms and personal trainers are offering boxing as a cardio option. So if you're looking for something that will leave you sweaty and sore, wrap up your hands, pull on some gloves and get punching.

Stephanie Joanne, a personal trainer and creator of the boxing gear line JS Signature Series by Fight Monkey, attributes the accessibility to the mainstream popularity of sports like mixed martial arts. Joanne has been offering boxing to her mostly female clientele as a full body workout for about three years.

"When you're boxing, you work your entire body," she says. "Twenty minutes in, you're dripping buckets of sweat because you're always on the go. You feel muscles in your back and legs that you never knew you had. I feel more sore after I box than when I lift weights."

And while boxing is a total-body workout, Joanne cautions it is a form of conditioning — not resistance training. She recommends incorporating boxing into your existing resistance routine. For example, if you work



Personal trainer Stephanie Joanne, right, takes her client Jessica Tyler through a boxing routine. Scan this photo using your Metro app to see a video of Joanne's Top 3 boxing routines. PHILLIP HARRIS OF P HARRIS DESIGNS

out four days a week, two of those days can be devoted to boxing and the other two to a whole-body resistance circuit.

One of Joanne's clients is Jessica Tyler. Best known for her role on *Degrassi: The Next Generation*, Tyler took up boxing about two years ago when Joanne began including it in her personal training sessions.

"It is intriguing because it's not everyday you get to pretend you're a pro boxer,"

she says of the addition to her workout, which is rounded out by spin class and some weightlifting. "Before boxing, my workout was pretty basic and I didn't always have much fun. I think it's important that you find something that makes you happy and motivates you to go to the gym."

Gym incentive aside, boxing can also have a positive impact on your mental health. In addition to the ob-

vious stress relief and aggression release that comes with punching a bag, Joanne says boxing has also increased her discipline and concentration.

"It has helped me focus," she says. "If you're lifting weights, there's only so many ways you can mess up a bicep curl or squat. When you master it, there's no improving on it. With boxing, there's always improvement. You're always alert. It is definitely competitive in terms of beat-

ing your best."

It is the progressive nature of boxing that Joanne says keeps clients throwing left jabs and ducking right hooks. If you're just starting out, she recommends finding a gym that offers boxing classes, as they typically have equipment available. This will prevent you from spending money on gloves and other necessities until you're sure you want to float like a butterfly and sting like a bee.

3
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Aches and pains

Feet may be sole source of pain

Our feet take a lot of pounding. And even though feet can withstand a lot of demands, experts say we shouldn't take them for granted. Our feet are composed of dozens of delicate bones and joints that can easily be injured by wearing ill-fitting shoes or because of the way we walk.

"People often don't realize there is something wrong with their feet because their feet don't hurt," says Alison Smith, a Canadian certified pedorthist. "Instead, they may complain about an aching lower back or sore knees. Many of my patients have been surprised to learn the pain in their back, hips or knees actually stems from their feet."

If you have persistent unexplained pain in your hip, back, knees or feet speak to your doctor about a referral to a certified pedorthist. Your pedorthist will conduct a full assessment of your feet and lower limbs. **NEWS CANADA**

Meditate your migraine away

Relief. Researchers have studied the effects of a standardized meditation and yoga intervention called mindfulness-based stress reduction

Sufferers of migraines could find more than just solace in meditation — they could find actual relief in meditation, according to a small new study out of Wake Forest Baptist Medical Center.

"Stress is a well-known trigger for headaches, and research supports the general benefits of mind-body interventions for migraines," outlined Rebecca Erwin Wells, M.D., assistant professor of neurology at Wake Forest Baptist and lead author of the study. "But there hasn't been much research to evaluate specific standardized meditation interventions."

The goal of the study was to examine the effects of mindfulness-based stress reduction (MBSR), a standardized medi-

tation and yoga intervention, on migraine sufferers.

The 19 participants were divided into a test group of 10, who received the intervention, and a control group of nine who continued using standard medical care for migraines.

For a period of eight weeks, the test group had weekly mindfulness training sessions and were to practise 45 minutes on their own five days a week.

Researchers evaluated participants using objective measures of how their migraines affected their health and quality of life before and after the trial. Each subject kept track of their migraines throughout the intervention.

The test group made more progress toward overcoming migraines, having an average of 1.4 fewer migraines per month with reduced severity and duration.

"Secondary effects included headaches that were shorter in duration and less disabling, and participants had increases in mindfulness and self-efficacy — a sense of personal



A new study finds mindfulness-based stress reduction is safe and effective for treating migraines. ISTOCK

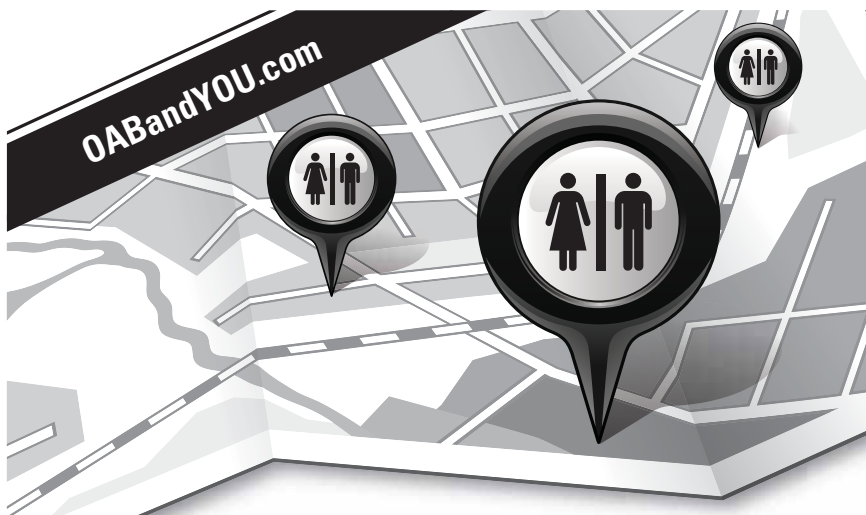
control over their migraines," said Wells. "In addition, there were no adverse events and excellent adherence."

Having concluded that MBSR intervention is safe and effective, further research with larger participant groups

is being planned.

The study was published in the journal *Headache*.

AFP



A Better Route for Managing Overactive Bladder Should Have Fewer Bathroom Stops

If the symptoms of overactive bladder (OAB) — such as the frequent and sudden urge to urinate, followed by leakage — are interrupting your day, the **SYNERGY** study may be an option. It is a clinical research study evaluating an investigational combination of two drugs prescribed for OAB to see if, when taken together, they provide more relief than when taken on their own.



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Answers to common health questions



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, we find the answers to everyday health questions. Here are three:

Can a cold compress reduce bruising?

Yes. When you bang into something, tiny blood vessels break under your skin, and blood then forms puddles that show up as a bruise. To treat this, elevate the area and apply a cold compress for 15 to 20 minutes (any longer could damage your skin). Wait at least two hours, then reapply it. Other possible treatments include bromelain and topical arnica cream or gel. To reduce bruising risk, try vitamin C.

Can you build more muscle by eating lots of protein?

No. Protein is essential to most bodily functions and helps preserve lean muscle mass, which keeps your metabolism from slowing. Recommended protein intake is 0.4 grams per pound of body weight if you are moderately active, and one to two grams per pound if you're really pumping iron. But getting more than that won't give you extra muscle-building benefits. (Tip: At breakfast, experts advise getting 25 grams of protein.)



Avoid crossing your legs when you have your blood pressure measured. ISTOCK

Is crossing your legs a bad habit?

Maybe. According to a study published in Blood Pressure Monitoring, hypertensive patients should avoid crossing their legs while having their blood pressure taken, as it has been found to raise both systolic and diastolic blood pressure. In non-hypertensive patients, only the systolic pressure rose.

The higher numbers could lead to an increased estimation of cardiovascular risk. So keep your feet flat on the floor when getting your blood pressure measured.

FOR MORE HEALTHY LIVING IDEAS, FROM FITNESS TO FASHION TO FOOD, PICK UP THE SEPTEMBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.

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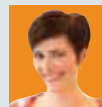
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Buck pasta tradition with zoodles

Health Solutions

Any day is a good day for zucchini appreciation



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It may be growing over your side of the fence right now! But if you can't steal it from your neighbour, it will be on sale at the grocer.

Zucchini is an under-appreciated late summer vegetable. Look for one that is shiny, firm, vibrant in colour (whether light or dark green) and is free from spots, cuts or bruises.

• Smaller zucchinis will be more tender than larger ones.

• Zucchini holds a lot of water. To reduce the amount of water for crispier result in cooking or baking, salt diced or sliced zucchini and leave it for half an hour. Rinse the zucchini and squeeze dry with a paper towel to slightly dehydrate.

• Don't overcook zucchini and keep an eye on its skin since the edge just under the skin will turn bright green as it cooks to its tender-crisp point.

• Grate zucchini using a large-hole box grater and add to meatloaf, pasta sauces and burgers. It will add moisture, nutrients and flavour.

• Zucchini goes well with: garlic, basil, lemon, oregano, olive oil, parsley, pepper, salt, onion, thyme, vinegar, tomatoes, mushrooms, sweet bell peppers, corn, eggplant, cheeses such as feta, ricotta, and goat, salmon, eggs, shrimp, quinoa, rice, and even pecans and chocolate!

Zucchini Flavour Pairings

Zucchini + basil + Parmesan

Zucchini + red peppers + eggplant + onions + tomatoes

Zucchini + olive oil + salt + pepper + oregano

Zucchini + feta + lemon + olive oil

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/PRODUCE-MADESIMPLE.CA



Zucchini Zoodles with Pesto and Shrimp.

This pasta alternative is simple to make

THERESA ALBERT
myfriendinfood.com

This recipe pairs zoodles with pesto and shrimp but they also go well with your favourite marinara sauce, a drizzle of olive oil, a variety of herbs or a sprinkle of Parmesan cheese.

Zoodles

1. Wash zucchini and cut off the ends. Decide if you want to keep the skin on or peel it. Keeping the skin on adds gorgeous colour to your dish and some fibre. Peeling it and boiling the zoodles can create a more traditional pasta look and mouth-feel.

2. Using a julienne grater or mandolin with julienne blade, slide each zucchini along its length in smooth strokes to create the "noodles." You can achieve the same effect with a box grater turned over on its side. As required, gently pull apart the strands.

3. You may find that when you get to the middle, the seeds prevent the strands from holding together. Use this part of the vegetable for another recipe.

4. Zoodles may be enjoyed raw or can be softened by gently sautéing, boiling or microwaving them.

Zoodles with Pesto and Shrimp

1. Melt butter in skillet on med-high heat. When the butter starts to sizzle, add the shrimp and sauté for 3-5 min-



This recipe serves four. PRODUCEMADESIMPLE.CA

utes until the shrimp are pink and opaque throughout.

2. Stir pesto into zoodles and distribute among four plates.

3. Add cooked shrimp, tomatoes and snap peas to each plate. Enjoy.

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CATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/PRODUCEMADESIMPLE.CA

Serving options

• **Raw.** Squeeze out excess water using paper towels or let the zoodles rest in a colander for 15-20 minutes to let excess water drip out.

• **Sautéed.** Add 1 tsp oil or butter to a skillet and gently heat zoodles on medium-high heat for about 5 minutes. This creates a slightly crispier texture than

if boiled or microwaved.

• **Boiled.** Add zoodles to simmering water for approximately 2 minutes. Strain and serve.

• **Microwaved.** Microwave zoodles in a vented / covered, microwave-safe dish for approx. 2 min. Drain excess water and serve.

Ingredients

Zoodles

- 4 medium zucchini
- Zoodles with Pesto and Shrimp**
- 1 1/4 lb (.56 kg) raw shrimp, shelled, tailed and deveined
- 1 tbsp (15 ml) butter
- Zoodles as above
- 2.5 tbsp (45 ml) prepared pesto
- 8 mini tomatoes, quartered
- 8 snap peas, cut into bite-sized pieces



This recipe for Cheesy Zucchini Fries with Smoked Paprika Dipping Sauce serves four. [MATTHEW MEAD/ THE ASSOCIATED PRESS](http://MATTHEWMEAD.THEASSOCIATEDPRESS)

Zucchini steals potato's thunder

1. Heat oven to 450 F. Coat a rimmed baking sheet with olive oil cooking spray.

2. In skillet over medium heat, cook panko, stirring until toasted, 3 mins. Transfer to shallow bowl and stir in the Parmesan cheese and the oil.

3. In another shallow bowl, combine flour with garlic powder, then season it with salt and pepper. In a third shallow bowl place the egg mixture.

4. Working with several zucchini sticks at once, toss in flour, shaking off excess. Add flour-coated zucchini to egg mix and toss to coat well, letting excess egg drip off. Finally, place in panko mix, tossing to make sure coated on all sides. Arrange coated sticks in single layer on prepared baking sheet.

5. Bake, turning once, until golden and tender, 8 minutes.

6. While zucchini is baking, in bowl stir mayo, lemon juice,

garlic and paprika. Season with salt and pepper. Sprinkle cooked zucchini lightly with salt and pepper. Transfer to

platter and serve immediately with sauce. **THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 cup panko bread crumbs
- 5 tbsp grated Parmesan cheese
- 2 tbsp extra-virgin olive oil
- 1/3 cup all-purpose flour
- 1 tsp garlic powder
- Salt and ground black pepper
- 1 large egg, beaten lightly with 1

- tbsp water
- 3/4 lb zucchini, peeled and cut into 16 equal sticks
- 1/4 cup light mayonnaise
- 1 tsp lemon juice
- 1/2 tsp minced garlic
- 1/2 tsp hot smoked paprika

LEARNING CURVE

Enhance your studies

Activities outside the classroom can complement learning

College and university students have said farewell to the lazy, hazy days of summer and hello to classes, assignments, term papers and exams. The first few weeks of settling back into an academic routine can be rough, but there are ways to ease the transition.

First and foremost, it's important to have the right outlook.

"Going back to school shouldn't be seen as a chore — you're not here because someone is pulling your teeth, you're here because you want to be," says Jacqueline Skiptunis, a Russian studies major at Dalhousie University and the Dalhousie Student Union's vice-president (academic and external).

There is no reason to be trapped indoors all day and miss the last few weeks of sunny warm weather, either. You can choose to study outside instead of in your room or the library, and some professors and instructors



SHUTTERSTOCK

might hold an occasional class in a courtyard or another outdoor setting — after all, they like the fresh, fall air, too.

If you have your studies under control and find yourself with some spare time on your hands, there are benefits to getting involved with extracurricular activities on campus.

A Statistics Canada study revealed that

children's and youth's participation in organized extracurricular activities has been associated with positive short- and long-term outcomes, such as academic achievement and more social behaviour. These young people also are less likely to drop out of school and have fewer emotional and behavioural problems.

— Jane Doucet

CORRECTION

Eveline Charles owns and operates nine salons and spas. Incorrect information appeared in last month's Learning Curve. Metro apologizes for the error.

"My brain is the key that sets me free."

› Harry Houdini: Contorting Non-conformist

Ironically, a constrictive education didn't appeal to Houdini. Instead, he used his mastery of self-motivation to escape a childhood of poverty and became an independent learner on his own terms.

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Engineering degrees lead to more rewards

Canadian universities want future innovators

A freshly minted bachelor's degree in engineering can instantly translate into a high-paying job in Alberta's strong economy. But those who stay in school, pursuing Masters and PhD degrees, can earn even greater dividends in the long term, both for themselves and for our economy as a whole.

Across North America, research shows that postgraduate degree holders attract higher average starting salaries and advance to leadership roles more quickly.

"Additional education will provide substantial financial and job satisfaction returns to engineers over the course of their careers," says Steve Dew, Associate Dean of Engineering at the University of Alberta.

Canada needs to do a better job of developing its top engineering prospects if standards of living are to remain high in this country, Dew argues. "Our ability to compete globally in a technological world depends on how sophisticated and innovative our engineers are." Both the OECD and the Conference Board of Canada report that Canada is produ-

LEARN MORE AT A FREE SESSION

Canadian universities are looking for engineering graduate students. Learn about the benefits of advanced engineering degrees at the University of Alberta Engineering Teaching and Learning Complex, Solarium, Tuesday, Sept. 30, from 4-8 p.m. The free session includes networking time and a panel discussion.

cing fewer PhDs per capita than almost any other developed country. "The economy of the future will be driven by innovation and knowledge, and innovative R&D is largely conducted by postgraduate degree holders. Canada will need more Master's and PhDs in engineering to compete."

Opportunities for engineers with advanced degrees are growing. Engineers Canada reports



CONTRIBUTED

that 95,000 Canadian engineers will retire by 2020. Our most seasoned experts are about to leave the workforce, taking with them decades of experience, knowledge, and leadership.

To turn the tide, the Canadian Graduate Engineering Consortium was formed when leading Canadian engineering schools — the University of Alberta, the University of British

Columbia, McGill University, the University of Toronto and the University of Waterloo — decided the problem was too complex for them to tackle on their own.

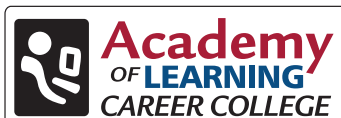
Their national tour starts in Edmonton on September 30 and aims to recruit future leaders, placing Canada at the forefront of engineering innovation and expertise.

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MacEwan.ca/ArtsConEd

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"I don't have time to go back to school," or "I've been given a new digital portfolio at work," are familiar comments by those looking to stay current or learn new skills in the digital field.

Fortunately, an alternative is available with focused courses in digital media and photography at the MacEwan University school of continuing education. These courses are taught by industry professionals using the most current programs and feature small classes.

"Students want to become adept at new skills in courses that don't interrupt their work lives," says Diane Shantz from arts continuing education.

"Which is why we offer excellent evening and weekend classes."

Individual courses can also be applied towards three new certificates in digital media and graphics, web design and development, and photography. Students have a three-year period to complete the certificate require-



CONTRIBUTED

ments, which allows them to take classes at a pace that fits with their lifestyle.

"The certificates reflect current developments and provide a firm grounding in graphics, web design and photography for both professional and personal needs," Shantz says. "Plus, students can choose to take select courses or aim towards the certificate."

MacEwan University's fall lineup of courses offered through arts continuing education can be found at MacEwan.ca/ArtsConEd.

Not all massage therapy schools are created equal

Alberta has never had official curriculum requirements for massage colleges, or even entry-to-practice requirements for therapists.

This has meant that the quality of education varies widely. But things are gradually changing.

A national massage therapy curriculum standard was recently created, and Alberta has its first independent and impartial program evaluation process in the Massage Therapist Association of Alberta's (MTAA) new approved school/program list.

"The national curriculum was an important step, but compliance is still voluntary," says Maryhelen Vicars, president of MH Vicars School of Massage Therapy. "It's wonderful to have an unbiased organization to act as a watchdog."

MH Vicars is the only private massage school in Alberta whose curriculum meets the national standard, and was the first school to achieve MTAA approval.

"From a practitioner's standpoint, being trained to the same minimum standard as everyone else in the country is huge," says Christy Pritchard, MTAA executive director. "But there are schools that, unfortunately, aren't going to do it until they have to. And



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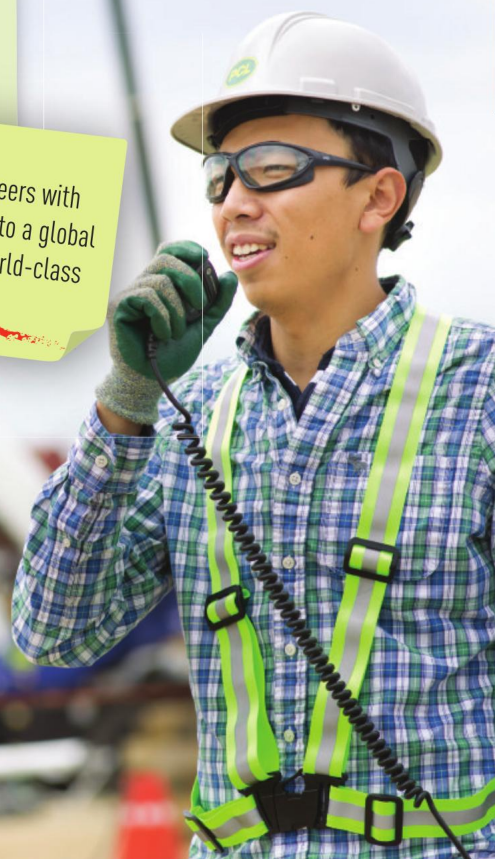
that's why it's such an advantage what MH Vicars has done. And it shows the commitment they have to the profession at large."

MH Vicars School has campuses in Edmonton and Calgary. Classes begin in January.

MYTH:

Engineers with PhDs can't get jobs in industry.

REALITY: Engineers with grad degrees move into a global job market solving world-class technical problems.



DISPELLING THE MYTHS ABOUT GRADUATE STUDIES IN ENGINEERING

Considering graduate education in engineering?

The world's challenges have never been more complex, and it's critical that engineering professionals develop the skills and expertise to address them.

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FROM COMBAT TO COMMERCE

WAR VET EARNING A DEGREE ONLINE AT HIS OWN PACE

Like many kids fresh out of high school, Ovais Ahmed was unsure about what to do with his life — so much so that even offers from a couple of Ontario universities couldn't tempt him. So, at 19, on the advice of his father, a veteran of the Bosnian war, Ahmed joined the Canadian Armed Forces.

Now, 10 years later, Master Cpl. Ahmed has had experiences that have both taken their toll on him and given him direction for life in the civilian world.

It took Ahmed a couple of years to figure out what he wanted to do. With the army's help, he realized he had acquired many skills during his time in the military and wanted to formalize them with an education.

He looked around Toronto at various universities that could accommodate an army man looking to take courses in the evening, at his own pace, that would lead to a degree.

"Ryerson said, 'We have exactly what you need, and here it is,'" Ahmed says.



Ovais Ahmed is scheduled to graduate in April 2016. NICK KOZAK/FOR METRO

For Ahmed, Ryerson's G. Raymond Chang School of Continuing Education offered a schedule that meshed perfectly with his work and family obligations. He took courses

through the summer and accelerated courses that are "a hard, quick grind for six weeks and then you have the rest of the summer to spend with your significant other."

Every course successfully completed is a transfer credit toward a degree.

This month, with the army's permission and support, Ahmed enters school as a second-year full-time student — an emotional achievement — in pursuit of his bachelor of commerce degree.

"It's amazing," he says. "In the beginning of the healing process I thought there would be nothing for me — the fact that I could not hold a weapon anymore or be in a tank."

Ahmed discovered that not only does he enjoy finance, it comes easily to him.

"What are the odds that some army grunt could actually crunch numbers?" he says with a laugh.

Ahmed is scheduled to graduate in April 2016. But that's likely only the first step for him.

"CGA or CA, you name it and I'll write it, depending on my path," he says.

For now, Ahmed feels as though he will be best suited to commercial accounting management, selling products to clients.

"I'd be coming in as a two-time Afghan-istan war veteran, and a wounded one," he says. "I believe these attributes will be good for any company who will hire me as a veteran."

— Nora Underwood



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WHEN A LAW DEGREE JUST ISN'T ENOUGH ANYMORE

EARNING AN MBA CAN HELP GIVE YOU AN EXTRA ELEMENT OF CREDIBILITY

Fernando Garcia spent four sleep-deprived years earning his MBA, while working top jobs as general counsel for Navistar and then for Nissan. He already had three degrees under his belt, but believed an MBA would give him an added edge around the boardroom table.

"I wanted to bring a more strategic and business-minded approach to my legal practice," Garcia says. He was 34 and a father to three-year-old twins when he enrolled in the part-time MBA program at Wilfrid Laurier University.

"The time was right to do this," he says. "If I waited much longer, I figured my kids would notice my absence more as they got older."

Garcia completed the program in April. He estimates his school workload required as much as 20 additional hours a week, on top of his full-time job.

"As a lawyer, you are often brought in when the fire is raging; I wanted to be involved in issues before the fire even got started," Garcia says of his desire to further round out his education.

"An MBA allows you to understand things at a business level so that, when you are giving legal advice, you understand how it will be applied in day-to-day business. It gives you that extra element of credibility."

Garcia had difficulty adjusting to school life in Canada when he emigrated from Paraguay at the age of nine, but, years later, he managed to get into McMaster



Fernando Garcia. NICK KOZAK/FOR METRO

University, where he earned a BA in labour relations. Later, he earned a master's in industrial relations at the University of Toronto, and his law degree from McGill University.

"I see my education as a three-legged stool — one leg is the industrial relations or human element. Another is the legal expertise, and the last is the deep business understanding I've gained with getting an MBA. Every company needs these three components."

Despite his multiple degrees, Garcia isn't through with learning. His next step? To master a new language, likely Portuguese.

"Nissan is truly a global company. For example, our current president was born in France and was formerly president of Nissan Brazil. I get to work with people from around the world, so learning more languages will allow me to improve my ability to communicate with them."

— Anne Bokma

Helping others find their path

He couldn't afford Harvard, but Fernando Garcia received help to fund his education.

Think you need to have a lot of money behind you to get the kind of education Fernando Garcia has? Think again. Garcia's parents were blue-collar workers when they emigrated from Paraguay to Toronto.

"I had trouble fitting in since there weren't that many kids from Latin America at the time and English was my second language," says Garcia, who struggled to graduate from high school. "I wasn't a great student."

He worked in a factory after finishing high school, then went back for a final year and managed to get into McMaster University with an 80 per cent average, eventually graduating at the top of his class.

When a McMaster professor urged him to continue his studies at Harvard, Garcia took a trip to the famous Ivy League school and considered enrolling.

"That is, until I got a letter from Harvard saying if I didn't have the first year's \$38,000 in tuition in the bank, I should get my parents to put a second mortgage on their house in case I defaulted on my payments."

He decided to continue his education in Canada. When it came time to foot the bill for his \$25,000 MBA, both his former and current employers covered most of the tab. Garcia wants other new Canadians and people from diverse cultures to have the kind of access to resources that will allow them to succeed. That's why he serves as a regional chair for Legal Leaders for Diversity and as a member of the Canadian Corporate Counsel Association, advocating for greater diversity in Canada's legal profession.

While he may have struggled during his early years in Canada, he is determined to help others find their path.

"Growing up, I didn't know lawyers and people in the industry, and I didn't have the mentors and support network, so it was more difficult when it came to articling," he says. "This is a multicultural country and it's becoming even more so — it's important to make sure that nobody is held back from accomplishing what they are able to achieve."



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Fee: \$395

Finish Your Basement – Plumbing [HOME130]

Oct 25 & 26 Sat & Sun 8:30 AM – 3:30 PM
Fee: \$310

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Jennifer Ward, pictured here with her husband at her Athabasca University graduation in 2012, found that AU allowed her to be in control of her education and helped her take the road to bigger achievements in life. CONTRIBUTED

‘I didn’t have to be one of the students, I could be me’

Athabasca University leads the way in university level online distance education. The school’s online courses and degree programs fit into your busy life, giving you the opportunity to head back to school without having to put your life on hold. AU offers flexible start dates, open admission and an innovative learning experience.

When Jennifer Ward wanted to earn a master’s degree but couldn’t quit her job to go back to school, she turned to Athabasca University. And with the freedom that AU gave her — along with the knowledge she acquired from her AU education — she built her career without putting it on hold and filled her life with new achievements: Created a life skills program for youth on reserves; landed a new job as an Aboriginal youth mentor; and had a baby.

“I became more confident in my own thoughts and experiences,” Ward says. “I felt like through the master’s program, it was OK to be me. I didn’t have to be one of the students. I could be me. In my BA, I always felt like a number.”

And how did she feel about doing her master of arts online?

“I felt like it was better than face-to-face education,” she says. “People would be more open because they’re writing, and you really got to hash things out. People understood this was learning. It felt face-to-face in a way, especially when we were collaborating.”

That mind-opening conversation, combined with professors she describes as “fabulous” and a program so flexible that she could check into a course at 3 a.m. if she wanted, meant that Ward truly missed her program when it was over.

“I felt like my growth was exponential. If you’re the type of person who wants to get the most out of it, you really have that opportunity.”

For more about AU, visit athabascau.ca/houdini.

NFL

Vikings reinstate Peterson despite felony charge

The Minnesota Vikings have seen the details. They have seen photos of the injuries that Adrian Peterson's four-year-old son suffered at the hands of the star running back.

The Vikings brought Peterson back to the team anyway even as the public furor over the NFL's approach to addressing domestic abuse reached a fever pitch.

The Vikings reinstated Peterson on Monday, one day after he sat out a 30-7 home loss to the New England Patriots after he was charged with a felony in Texas for using a wooden switch to spank his son. Peterson, who said he was using a form of discipline his father used on him as a boy, is expected to play against the New Orleans Saints on Sunday.

THE ASSOCIATED PRESS

South Africa

Pistorius free, for now, to compete after conviction

Oscar Pistorius is free to compete for South Africa again, as long as his running doesn't go against the ruling of the judge.

Pistorius, who is to be sentenced next month after being found guilty in the negligent killing of his girlfriend, could compete at any time because the South African Olympic committee has no regulations preventing someone with a criminal record from representing the country. THE ASSOCIATED PRESS



Eagles quarterback Nick Foles looks to pass against the Indianapolis Colts at Lucas Oil Stadium on Monday in Indianapolis, Ind. ANDY LYONS/GETTY IMAGES

Foles leads Eagles' late rally past Colts

Field goal win. Three quarters trailing till Andrew Luck's late interception

Nick Foles threw a tying touchdown pass with 3:25 to go, and then set up Cody Parkey for the winning 36-yard field goal as time expired, lifting Philadelphia to a 30-27 win at Indianapolis on Monday night.

Darren Sproles had seven receptions for 152 yards to go along with a touchdown run

as the Eagles (2-0) won their first game on the road for the sixth consecutive season.

Indianapolis (0-2) has lost consecutive regular-season games for the first time since Andrew Luck and coach Chuck Pagano arrived in 2012.

The Colts led most of the night, including 27-20 late in the game. But Luck's late interception led to Foles' tying six-yard TD pass to Jeremy Maclin, and after another three-and-out by the Colts, Foles drove the Eagles into position for the winning field goal.

"We felt we had some

plays (in the first half), we just couldn't make them," Eagles coach Chip Kelly said. "But we're going to play 60 minutes and we played 60 minutes."

"They made the plays they had to make. We just didn't play a 60-minute ball game," Pagano said. "Turnovers killed us. Big runs, big plays in the pass game, killed us."

Indy controlled most of the first three quarters, looking as if it would give Luck a respite from his late-game heroics. The Colts led most of the night, thanks to an unusually strong ground game.

But it just wasn't enough.

Luck wiped out a 3-0 deficit with a 1-yard TD pass to Bradshaw with 5:18 left in the first quarter. And after Parkey missed a 38-yard field goal, Luck set up Adam Vinatieri for a 46-yarder to make it 10-3 early in the second quarter.

When it looked as if the Colts might pull away following Vinatieri's 27-yard field goal midway through the third quarter, the Eagles rallied with the TDs from McCoy and Sproles.

"I just think we did a better job in the second half," Kelly said. THE ASSOCIATED PRESS

Willy absolutely can't shrug his shoulders



Blue Bombers' quarterback Drew Willy is nursing a shoulder injury that could force him to miss the team's next game. TOM SZCZEBOWSKI/GETTY IMAGES

Winnipeg quarterback Drew Willy's injured shoulder could make him miss the Blue Bombers' next game almost two weeks from now, and his future after that is unclear based on what the team said Monday.

The Bombers say Willy's status is week-to-week but that he's questionable for Winnipeg's next game at home against the Hamilton Tiger-Cats.

"He will be re-evaluated at the beginning of next week," the team said in a brief statement Monday. The team didn't

provide any more information about the nature of the injury.

Willy's throwing shoulder was injured on what looked like a hit from Alex Bazzie and Khreem Smith, as Willy was sacked late in the second quarter in their 25-9 loss to the B.C. Lions Saturday.

After the game, coach Mike O'Shea suggested the injury might not be serious, although Willy watched from the sidelines in the second half as backup Brian Brohm struggled against B.C.'s defence.

Willy, 27, has been remark-

ably durable, or lucky, as far as injuries are concerned, with only a hand injury in practice that made him miss two games during college and none that have forced him out as a pro.

This season he has hardly missed a snap let alone a game, despite hits that have left him bruised and limping off the field at times.

It helps that this is Winnipeg's bye week, which gives the team and Willy some time to recover or prepare. They don't have to play again until Sept. 27. THE CANADIAN PRESS

O's beat Jays on march to AL East supremacy

MLB. Baltimore will be crowned division champs with win over Toronto on Tuesday

It's time for the Baltimore Orioles to put the champagne on ice.

The Orioles moved to the brink of claiming their first AL East title in 17 years, using a resilient pitching performance by Wei-Yin Chen to beat the Toronto Blue Jays 5-2 Monday night.

Baltimore can clinch the division crown with a win over Toronto on Tuesday. That would assure the Orioles their second playoff berth in three years following a run of 14 consecutive losing seasons.

"It's pretty special to come in here (Tuesday) and have a chance to do that," manager Buck Showalter said. "I've had



Orioles' right-fielder Nick Markakis makes a diving catch on a ball hit by John Mayberry Jr. on Monday in Baltimore. The Orioles roughed up Jays starter Marcus Stroman for nine hits and five runs, which included a Ryan Flaherty two-run home run, over six innings en route to a 5-2 win. PATRICK SMITH/GETTY IMAGES

a lot of sleepless nights for a lot of reasons, but tonight I look forward to losing that sleep. It's been a long hard grind to have that opportunity, and I'm looking forward to the chance to see our guys

get a chance."

Baltimore (90-60) leads the AL East by 12-1/2 games, its biggest advantage since 1979. One more victory and the Orioles will be in celebration mode.

Chen (16-4) allowed two runs on nine hits over 5-2/3 innings to become the first Orioles lefty to win 16 games since Jimmy Key in 1997 — the year Baltimore last won the AL East. Although he yielded at least one hit in every inning but the second, Chen improved to 13-2 in 23 starts since May 9.

Zach Britton worked the ninth for his 35th save in 39 opportunities.

Jose Reyes had three hits and scored twice for the Blue Jays, whose wild-card chances shrink with every defeat.

"We've got a very slim outside shot to get to the playoffs, but we're fighting every night to try to win games," manager John Gibbons said. "But yeah, from that point of view, that's frustrating."

Blue Jays rookie Marcus Stroman (10-6) gave up five runs and nine hits in six innings. He won his previous three starts. **THE ASSOCIATED PRESS**



Habs happy to share the C

Debate raged all summer over who would be the next Canadiens' captain. And when the decision was announced Monday it was ... nobody. GM Marc Bergevin said the team will alternate Andrei Markov, left, P.K. Subban, Tomas Plekanec, centre, and Max Pacioretty, bottom, wearing the C. Scan the image with your Metro News app for our list of top captains from Canadian teams. **RYAN REMIOWZ/THE CANADIAN PRESS**



Post-surgery

Woods done strengthening workouts

Tiger Woods is too busy in the gym to find a new

swing coach, or even swing a golf club.

Woods said Monday his strength has returned from "busting my butt in the gym pretty hard" and he is on schedule to resume competition in December.

THE ASSOCIATED PRESS

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Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You may be convinced a course of action is correct but someone's opposition will make you wonder. Maybe you should give it a bit more thought.

♉ Taurus

April 21 - May 21

An opportunity to improve a partnership or relationship could easily be missed. Focus on it to the exclusion of everything else.

♊ Gemini

May 22 - June 21

If you have a favour to ask of a friend or family member, now is the time. The planets indicate everyone wants to help you today. You would be foolish not to take advantage of it.

♋ Cancer

June 22 - July 23

If what you once thought was a brilliant idea has come to nothing, abandon it. There are more interesting things you can spend your time on today.

♌ Leo

July 24 - Aug. 23

A light-hearted approach is called for today, especially if you are the sort of Leo who tends to get uptight about things over which you have no control. The final outcome will be the same, so laugh.

♍ Virgo

Aug. 24 - Sept. 23

Remember, it's not the quantity of work you get done today that matters but the quality. Do just one thing really well.

♎ Libra

Sept. 24 - Oct. 23

Something you thought was a permanent part of your world will disappear but there is no need to feel sad. Something better will fill the space.

♏ Scorpio

Oct. 24 - Nov. 22

You may be unaware that someone is annoyed with you but if a loved one or work colleague gives you a hard time, try to find out why.

♐ Sagittarius

Nov. 23 - Dec. 21

Try not to be so self-critical. If something has not worked out the way you expected, well, that's just the way it is. It's all good experience. Next time you'll get it right. Move on.

♑ Capricorn

Dec. 22 - Jan. 20

Jupiter is in the wealth area of your chart. If a deal has to be made you should be the one calling the shots — and taking the lion's share of the profits.

♒ Aquarius

Jan. 21 - Feb. 19

A disappointment of some sort may be hard to take but the pain will fade. Pick something else that inspires you and throw yourself at it body, mind and soul.

♓ Pisces

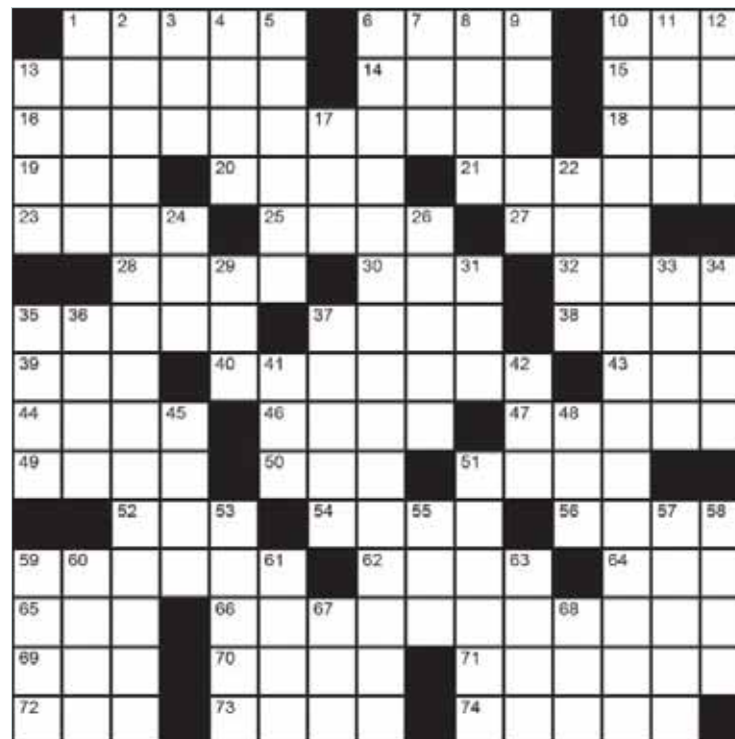
Feb. 20 - March 20

Others are unlikely to be in the mood for fun and games. That's okay, you can entertain yourself well enough. You're certainly not going to join in all the doom and gloom!

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Mother Goose guy Jack
6. New Brunswick's motto: ___ Reduxit (Hope restored)
10. Mr. Weston of "ET Canada"
13. Canuck comedy duo, Kenny vs ___
14. Bind-er
15. 'Fruct' finisher
16. Soldier involved in airborne operations, at times
18. ___ choy (Leafy vegetable)
19. U.S. tax collector
20. Atomic Number 30
21. Saskatchewan town about 75 miles north of Swift Current
23. Arcade Fire album: '___ Bible'
25. Forest denizens
27. Consume
28. Tandoor-baked creation
30. Payer's pledge
32. Baltic country [abbr.]
35. "The ___ I'm In" by The Band
37. Antelopes of Africa
38. Lingering sound
39. Cyber chuckle
40. Made a bubbling noise
43. Viewed
44. a.m.'s 'a'
46. Ms. Jordan
47. Piece ___ (Desert helping)
49. "About a ___" by Nirvana



50. Timber type that's tough
51. Caffeine nut
52. ___ Dhabi (UAE capital)
54. Ms. Gilpin of "Frasier"
56. Bank ___
59. Singer Ms. Grande

62. Experimental environs
64. Mer's liquid
65. Ben, to Jerry
66. Surveillance video: acr. + wd.
69. "___ Maria"
70. "It's ___!" (2-2 game exclamation)
71. Campfire s'nacks

72. Apiece
73. Particular pulses
74. Ships' steerers

Down

1. Backup
2. Fitness motivator: 2 wds.
3. Genetic letters
4. Bug movie

5. ___ Lannister ("Game of Thrones" character, on HBO Canada)
6. Grocery store tasks: 2 wds.
7. Drivel
8. Duellist's blade
9. Mr. Haggard of country tunes

10. Canada's celestial 'crane' creation: 3 wds.
11. Bears, in Barcelona
12. Cowardly Lion's alter ego
13. Twirl
17. ___ trial basis
22. Rattle
24. Sofa sleep
26. Spirits
29. Concert promoter, ___ Live
31. Function
33. Popular cuisine
34. ___ Sound (Fjordly locale on BC's coast northwest of Vancouver)
35. Smelting waste
36. Hagar The Horrible's daughter
37. 'Get'
41. NFL's land
42. Scooby-___
45. Napoleon's exile isle
48. Jacksonville's state [abbr.]
51. Block/stop, informally
53. Remove the pen's top
55. U.K. military service
57. Pens
58. Calendar day, e.g. "Pronto!"
60. Wander
61. Entr'___ (Theatre break)
63. A few
67. Ms. Carrere
68. Actor Mr. Avery

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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